

CIC Summerhill College Newsletter

11th May 2020



PRINCIPAL'S ADDRESS

We hope this newsletter finds you and yours well at this time. We continue to think of and pray for those providing frontline assistance, in particular those in our healthcare profession. May their continued tireless dedication be a continued source of inspiration to us all.

We welcome the recent decisions made in relation to our Leaving and Junior Cycle students. We hope that this brings clarity for our 3rd and 6th Year students. I wish to thank the college staff for their prompt response by developing a marking criteria for the school assessment report which has been communicated to our 3rd year students and their parents/guardians. We are currently awaiting more detailed instructions from the State Examinations Commission in relation to the arrangements for the Leaving Certificate.

We have included in this publication the timetable for Summer Assessments and the arrangements for the remainder of this school term. We will have assemblies for all year groups this week to clarify the arrangements for our students.

Thank you to all who have contributed to this publication.

Stay safe,

Regards,

Mr Paul Keogh

Principal

Link: [Video Message from College Patron Bishop Kevin Doran to Students](#)

WEBINARS

Summerhill College staff have lined up some excellent webinars which will complement the ongoing work being done via Google Classroom platform. The sessions will be offered to all students and will provide an opportunity for students to learn new areas of the curriculum or revise topics for the next few weeks. It is essential that students register for these as soon as possible via their student email account. A list of next week's topics and how to register for them have been sent to each student's email account.

Contact:

Phone Enquiries (9am-12noon
Mon-Fri): 0860584733

Email Enquiries:
info@summerhillcollege.ie

Date for your Diary:

The 6th Year Graduation Mass will take place on Friday 22nd of May at 2pm and will be streamed via webcam. Link to follow.

Useful Links:

[Parent/Guardian Guide to using Google Classroom](#)

[List of Google Classroom Codes](#)



CIC SUMMERHILL COLLEGE SUMMER ASSESSMENTS TIMETABLE - 25th - 29th May 2020

TOP STUDY TIPS



Junior Cycle (1st/2nd and 3rd Years) Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	English	Irish	Geography	Religion	Spanish
11:30am	Maths	History	Science	TG/ Graphics	French
2:00pm	Home Economics	Business	Materials Technology (Wood)	Engineering/ Metalwork	Music

Create a routine - incorporate time for study, food, exercise and regular breaks.

Create a study timetable - have a set time to study each subject and create a to-do list for each day.

Keep in contact with your teachers via Google classroom and the school email.

5th Year Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	English	Biology	Home Economics	Accounting Politics and Society	Geography
11:30am	Maths	Spanish	Engineering	French Chemistry	Construction
2:00pm	Irish	Economics Physics Art	DCG History Music	Agricultural Science	Business

Exercise everyday - it's good for your energy and mental and physical health.

Reward yourself - take regular breaks and have a small treat when you complete a task to stay motivated.

THE EXAMS WILL BE EMAILED TO STUDENTS (THEIR SCHOOL EMAIL ACCOUNT) AT THE TIMES SPECIFIED ABOVE TO BE COMPLETED ONLINE WITHIN 24 HOURS OF RECEIPT OF THE EMAIL. STUDENTS WHO DO NOT COMPLETE THE ASSESSMENTS WILL BE RECORDED AS "NO ASSESSMENT RECEIVED"

TIMETABLE FOR THE REMAINDER OF THE ACADEMIC YEAR 2019/2020

COMPLETION OF COURSEWORK:	MONDAY APRIL 27TH - TUESDAY MAY 19TH
PREPARATION FOR SUMMER ASSESSMENTS:	WEDNESDAY MAY 20TH - FRIDAY MAY 22ND
SUMMER ASSESSMENTS:	MONDAY MAY 25TH - FRIDAY MAY 29TH



SENIOR PREFECT TEAM APPLICATIONS

A Message from Deputy Principal Ms Maura Murphy

A huge thank you to our outgoing Prefect Team (2019-2020) who were outstanding ambassadors for our school. This years team, ably led by Head Prefect Joseph Shannon, comprised of Leaving Certs: Jack Luke Kenny, Matthew Devins, Davey Feeney, Fraser Gaine, David Haw Tay, Sean Hynes, Pdraig McGowan, Tom Meehan, Michael Munyaradzi, Daithi O Reilly, Stephen Ryan, Tom Ryan and fifth years: Ciaran Casserly, Cian Connell, Rowan Elliott, Ronan Flynn, Sam McDermott, Matthew Moroney, Leo Mullaney and Conor Stinchon. Thank you gentlemen for all your hard work throughout the year, in particular looking out for and supporting our first year students.

We wish the Leaving Certs the best of luck as they move onto pastures new and hope that the 5th years will build on and continue their good work as Leaving Cert Prefects.

We are now inviting applications for next years team from current TY and fifth year students. This is a unique opportunity for students to develop their leadership skills and give back to the school. Please click on the following link for a Role Description and Application form: [Summerhill College Senior Prefect Application Form](#)



CREATIVE WRITING COMPETITION

Write a short story or poem based on the following topic: "How Covid-19 has changed my/our world"

Submit your entry to:

info@summerhillcollege.ie
by the 22nd of May

Two categories: Juniors (1st-3rd Years) & Seniors (TY-6th Years)

T&C's: The poem/story must be your own work.

The top 3 entries from each category will receive a prize!

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

- John Quincy Adams

MIND YOUR MENTAL HEALTH

Jigsaw - have scaled up their online offering to support young people's mental health (aged 12 to 25) given the public health emergency. All of the information, advice and support is available on www.jigsawonline.ie. They have also introduced a free phone number 1800 JIGSAW (1800 544729) that can be accessed from anywhere in the country by young people, parents or guardians. They have free text and email support available too. <https://jigsawonline.ie/working-with-young-people/>



MICHAEL MORGAN - AN EXCEPTIONAL ATHLETE

By Mr Pat Tuohy, P.E. Department

Michael Morgan has been a young man with determination since his second year in Summerhill College in 2017 when he made his way onto the Irish schools International cross country team. In 2018, just after turning 15, Michael competed in the intermediate 5000m cross country in Waterford IT. Michael saw off top class athletes from around the country grinding down the field for an emphatic win.

He has not stopped winning the Irish Life Schools Cross Country since. In 2019 he won the intermediate 5000m cross country in Clongowes Wood College. In 2020 he won the senior 6000m cross country in Santry. In the past three years he has captained Ireland in cross country and represented Ireland in the European Youth Olympics 3000m finals in Baku, Azerbaijan.

I spoke with Michael recently and asked him what are the characteristics and attitude necessary for such a successful young person? He offered the following points:



-Have to love it and be willing to train in all weather and to put in the work.

-Enjoy the feeling of being healthy and fit.

-Have a competitive nature. Have drive and determination and always be willing to work on your weaknesses.

-Have a great community of support: family, coaches, friends, athletes, teachers and businesses.

-Never take for granted the fantastic environment in Sligo for training - even with the lockdown I can train at Sligo IT, the race course, Cleveragh park and along the banks of the Garavogue and after lockdown Hazelwood, Slish and Union wood.

Daily routine during lockdown:

-Good breakfast followed by school work.

-10.30 - 12.30: training.

-Lunch then school work.

-In the evening I might do some cooking and try to get outdoors into the garden especially with the lovely weather.

Advice for fellow students during lockdown:

-Make the most of every situation. It has been an opportunity for me to rest my body and to do things I have been meaning to do for a long time.



P.E. Department Announcement

Zoom class on Wednesday
13th May for 1st years 9.30am

Click link to join Zoom
Meeting: [1st Year PE Class](#)

Meeting ID: 845 0881 7325
Password: 081371

Parents/students please log onto students PE class in Google Classroom for 1st and 2nd year students. Classroom code has been sent out with the term reports this will be the main communication between teacher and student and will be the platform for submitting classwork and short course CBA's over the next two years.

A MESSAGE FROM THE GREEN SCHOOLS COMMITTEE

Hello and I hope all of you reading this are keeping well at this difficult time. I don't think anyone would have thought that we would still be at home by this stage of the year. From a green perspective the covid 19 restrictions have shown us that we can do much more at home and remotely than we think and as a result of this many people whom are now teleworking may not return to work and may be able to continue their work from home. According to the International Energy Agency there has been an 8% drop in global carbon emissions since the introduction of restrictions.

To anyone involved with the Green Schools Committee hopefully we will be able to meet again soon and get back to work and of course anyone that wants to get involved can. When this has passed we will be able to resume with our normal activities. Whilst you are at home remember the importance of recycling and when out for a walk be sure to take any of your rubbish home with you.

Hopefully we will be able to return to school as soon as it is safe for the restrictions to be eased. For now, remember social distancing, remember 2 metres at all times, and do get out and about for some fresh air but don't get too carried away - stay within the 5km limit from your home.

Try and keep busy and have some routine to your day. I'm sure you will have some work on Google classroom to do and do relax a bit now that you have more time to yourself.

For now stay safe and healthy.

Regards

Padraig Cawley

Chairperson,

Green Schools Committee

USEFUL LINKS & CONTACTS

Parent Line: 1890 927277

Website Links:

[Mental Health Services](#)

[Mr Tivnan's Health & Wellbeing Website](#)

[Department of Education and Skills Covid 19 Webpage](#)

[NEPS Advice & Resources](#)

[Plan for the Day](#)

[Relaxation Techniques](#)

[Relaxation Techniques \(Sound cloud\)](#)

Animations:

[Stay Responsible & Informed](#)

[Stay Active & Connected](#)

[Stay Positive & Calm](#)

[10 Tips for Parents on Supporting Daily Routines](#)

GUIDANCE REMINDERS

- ❖ CAO CHANGE OF MIND FACILITY IS NOW OPEN
- ❖ SUSI GRANT APPLICATIONS IS NOW OPEN
- ❖ INFORMATION AVAILABLE AT THE FOLLOWING LINK ON THE ITSLIGO VIRTUAL OPEN DAY STARTING TOMORROW MAY 12TH:
[HTTPS://WWW.ITSLIGO.IE/CAOVIRTUALEVENTS/](https://www.itsligo.ie/caovirtualevents/)